



Equine-Assisted Psychotherapy



*“What lies behind us and what
lies before us are tiny matters
compared to what lies within us.”*

Ralph Emerson



Tracey Kinkead (H.B.S.W., R.S.W) Rider/coach of 30 years, Social Worker of 20 years.

- Registered Social Worker with the Manitoba College of Social Workers
- Experienced with youth and adult populations in trauma, addictions, domestic violence, crisis support and stabilization.
- Eagala dual certification as Mental Health Practitioner and Equine specialist.



Clint Kinkead Rider/Trainer/Coach of 30 years.

- Equine Specialist
- Experienced in equine behaviour and in horse-human interaction.
- Quiet and respectful approach that allows the horses to engage both freely and safely in the session.

- Individual sessions 45 to 50 minutes in length
- Office waiting area for guardian/support person
- First session is office based intake. All further sessions are in the arena with horses, or a mix of office and arena depending on client needs.
- Flat rate per session is 120.00. Cancellations 24 hours in advance.
- Sessions are ground based, no riding. No previous horse experience is needed.

Eagala – Equine-Assisted Psychotherapy and Personal Development

The Eagala Model is a unique counselling option for individuals seeking something different than traditional office-based talk therapy. A licensed, Mental Health Professional and a qualified Equine Specialist structure sessions incorporating horses to provide a unique space for an emotionally safe, hands-on experience. Eagala is effective with youth and adults in addressing issues such as addiction, trauma, grief, relational conflict, depression, anxiety.

Horses are the perfect partner in therapy work because they are highly sensitive and intuitive by nature. Horses can provide a therapeutic relationship that allows the individual to work through life struggles without feeling judgment or interpretation by another person.

Learn to connect with your self and understand your life story in a non-judgmental and safe space. Explore your struggles and possible solutions through your experience with the horses and guided by professionals. The Eagala model of counselling can effectively lead to insight and change, without having to sit in an office and talk about “the problems”. The role of the Eagala team is to provide guidance that assists the individual’s process in creating their own lasting solutions.

www.roadsendfarm.ca

Roads End Farm

Eriksdale, MB